



June Newsletter

Sun Safety

Summer is right around the corner and the sun is shining! But before you or your students run outside for lunch break, gym class, track and field, or other outdoor activities, make sure you remember the 5 S's...

Slip: on some clothes that will protect your skin from the sun (loose-fitting and tightly woven are best).

Slop: on some sunscreen that is at least SPF 30 and filters UVA & UVB rays (broad-spectrum). Put sunscreen on 20 minutes BEFORE you go outside, so it can soak in. Don't forget your ears, nose and feet if you are wearing sandals! Lips should also be protected with SPF 30 lip balm.

Slap: on a wide-brimmed hat to protect your face, ears and neck

Seek: shade when outside between 11am-4pm

Slide: on some sunglasses that have 100% UVA & UVB filters.

Sun damage can happen quickly, so make sure to remind youth about these 5 S's.

For more information on sun safety visit: https://www.niagararegion.ca/living/health_wellness/sunsafety/sun-safety-tips.aspx

Report Cards

Term 2 Report Cards will be sent home on June 25th. Digital copies of the report cards will also be available in the parent portal at this time. Your child's teacher for next year will not be communicated until the end of the summer, as staffing continues to be fluid. Thank you for your patience and understanding. As a reminder, the last school day for students is June 27th.

Dress Code

Just a reminder that we continue to have a dress code in place at St. Alfred. As the weather has warmed, we have seen an increase in the number of students who are not in compliance with the dress code. Shirts are to be navy or white and must have a collar, unless they are spirit wear shirts. Bottoms are also to be navy blue. Finally, we have some students wearing very short skirts or shorts. Please do your best to ensure that your child's skirt or shirts are knee length. Thank you for your co-operation.

Balanced Day

Next year, all of the schools in Niagara Catholic, including St. Alfred, will be moving to what is known as a "Balanced Day". Instead of having two fifteen minute recess breaks and a forty minute lunch break, students will have two forty minute breaks. They will be eating and having outdoor play time during these two breaks. This should give us more time for learning, especially in the winter, as students only have to get dressed to go outside twice as opposed to three times. We will communicate the specific times in the fall, but as of right now, school will start at 8:30. Our first break will run from 10:40 to 11:20, and our second break will run from 12:40 to 1:20. Our dismissal time will change, with dismissal now happening at 2:50. Please see a list of tips below from public health to assist with packing lunches for a balanced day.

- Divide a single lunch into two portions to ensure adequacy for each nutritional break.
- Wrap sandwiches individually or cut them in half.
- Separate fruits, vegetables, crackers, and cheese into labeled bags for each break.
- Consider providing two healthy drinks for each break.
- Avoid packing foods containing nuts or nut products to support our peanut-safe schools.
- Involve your child in planning and preparing their nutritional breaks.
- Ensure your child includes a balanced selection of healthy foods if they are responsible for packing their lunch.
- Aim to include items from three of the five food groups outlined in Canada's Food Guide to Healthy Eating